

Golden Valley Seniors Newsletter

Senior Office • 763-512-2339

April Events

ABC'S of Photo Organizing

April 14, 2012

11AM – 12PM

Golden Valley Library
830 Winnetka Ave N.



Do you have boxes, bags and bins full of family photos, movies and memorabilia? Are there

hundreds of digital images on your computer or camera? Get organized, with these tips from a professional personal photo organizer!

Register online after March 23 at www.hclib.org or call 612-543-6375.

Senior Par 3 Golf League Kick-off

Thursday, April 19

10:30 AM



Kick-off the 2012 golf season with Ben Disch, Golf Manager.

Learn about the Senior Golf League. Refreshments! Door prizes! \$5 league registration also taken that day.

If you are unable to attend the kick-off, but want to play in the league, the league fee may be dropped off in the golf office. League play starts May 3.

Pedal Pushers Kick-Off

Tuesday, April 24

10:00 AM



Join Nancy, our leader, as we plan our 2012 Pedal Pusher season. Nancy will show slides of her and Keith's 2011 Lake Superior travel adventures-Part 1. The "Pedal Pushers" t-shirt will be available for purchase for \$8.

Fee: Donation for refreshments
Register by calling the senior office at 763-512-2339 by April 23

Let's Play Euchre

Thursday, April 26

12:30-1:00 p.m.



Learn the fastest game in town in less than 30 minutes! If you have played 500, we guarantee you can learn the game of Euchre in 15 minutes. Take the FREE lesson and then stay and play the game.

2012 Senior Spring Forum



Wednesday, April 18

8:30 AM-12:00 PM

Brooklyn Park Community Center
5600-85th Avenue North

Hear presentations about living with grace, purpose and joy. Susan Brower from the Minnesota State Demographic Center will speak on "The New Norm" at 10:15 AM. Frank Vascellaro, WCCO TV Channel 4 news anchor, is the featured speaker at 11 AM. Frank will share his journey of having a hip replacement. Visit over 75 informational booths on aging. Coffee and treats provided. FREE!

Preregister by emailing info@nwvhsc.org or calling 763- 503-2520.

Sponsored by NW Hennepin Human Services Council and Senior Leadership Committee.



May Events

May Day Game Day - Tuesday, May 1

10:30AM-12PM



Celebrate May Day. Play Scrabble, Uno, Checkers, and/or Yahtzee (games played depends on number of people) before enjoying a light lunch. Min. 8/ Max. 30 Register by April 26
Fee: \$3.00
Code: 11216

Bowling Tournament

Tuesday, May 8

12:30 PM.



It's our annual bowling tournament hosted by Texa-Tonka Lanes 8200 Minnetonka Blvd. No pre-registration necessary.

Fee: \$4 payable at Texa-Tonka Lanes
Fee includes three games, shoes, ball, coffee, cookies and prizes.

GOLF LEAGUES

Senior Par 3 League

Men and Women, age 55 and older, are invited to play at the Brookview Par 3 Course on Thursday mornings. Tee times start at 7:30 AM with weekly sign-up. The season runs May 3-September 13. \$5 league fee is collected at the kick-off meeting on April 19th or in the golf office.



Senior Patron 18-Hole Regulation

League. This league plays the 18-hole course at Brookview. \$15 league registration is due April 24. Note: You must be a valid Brookview Senior Patron card holder to register and play. League plays on Tuesdays, May 1-August 28. Call 763-512-2305 for information.

VALLEY DAY—Saturday, May 19



9:30AM Parade, 10-6 Arts Fair, Music, Food, games and more at Brookview Park. The day ends with fireworks at 9:30 PM.

The Post Surgeon Makes a House Call

Wednesday, May 9

3:00 PM



Calvary Center Cooperative
7600 Golden Valley Road

Fort Snelling's doctor makes a house call to "physic" you for such ailments as a catarrh and the ague. He'll discuss the hospital at Fort Snelling, which was the first in Minnesota, the practice of "modern medicine" during the 1820s and you'll have to decide if the cure sounds worse than the malady. Register by calling GV Seniors by May 7th.

Senior Surf Day - Thursday, May 10

9AM-11AM



Golden Valley Library
830 Winnetka Ave N.

Learn computer basics, how to navigate and search the Internet and how to access websites of interest to seniors. Get hands-on computer experience with help from representatives of the Senior LinkAge Line®. Register online after April 12 at www.hclib.org or call 612-543- 6375.

Handmade Papermolding

Friday, May 18

10AM-12PM



Golden Valley Library
830 Winnetka Ave N.

Discover basic techniques while learning to hand-craft a beautiful gift for yourself or a loved one. We will talk about the basics of materials, work through the project in a simple step by step process, and you will finish with your own small project. Class is FREE due to a generous donation by "Friends of the Library". Limited to 15 registrants. Register online at www.hclib.org or call 612-543-6375 after April 20.

Speakers and Groups

LIVING WISE and WELL

1:00 PM

Calvary Center Cooperative

7600 Golden Valley Road

Picking a Transitional Care Facility

Thursday, April 5



You've been told you need a knee or hip replacement and may not be able to go home after surgery because you need in house therapy. Panic sets in – not about the surgery but where do I go after surgery? What questions should I ask about the facility before I make my decision? *Leslie Brown, Referral Manager from Golden Valley Rehab* will walk you through the process. Come with questions.

Thursday, May 3– NO MEETING



MONEY MATTERS

10:00-11:00 AM

Bankruptcy 101-Thursday, April 19

Today's speaker has focused on bankruptcy law for 20 years and will address: the difference between Chapters 7, 11 & 13; How is credit restored? Is bankruptcy the answer for managing debt?; and more. Today's information may not pertain to you but to someone you know. *Presented by Wayne Nelson, Attorney, National Association of Consumer Bankruptcy Attorneys*

Investing Systems-Thurs, May 17

Having the right trading system makes all the difference regardless of the markets you trade. Choosing the right trading system is the key to success. *Presented by Larry Klick, Money Matter member.*



Thank you to **Pinnacle Services** and to **Golden Valley Rehab & Care Center** for their donation to keep our programs affordable for you.

COFFEE TALK



Join us for juice, sweet rolls, donuts, and, coffee.

Fee: \$2.00, payable at the door*

9:45 AM Refreshments

10:00 AM Speaker

"Players In the Groove"

Wednesday, April 25

Be ready to laugh this morning! In the past year, Players in the Groove have put on productions at the Maple Grove Community Center and local senior facilities. The catch phrase of the group seems to be "by seniors, for seniors" with all scripts taking a light look at the mature adult. Today's performance is, "You won't get a pill by asking Dr. Jill", a take-off on the Dr. Phil show. Register by April 23

Nordic Walking for Fun and Fitness

Wednesday, May 23

Enjoy the out of doors and walking by adding Nordic Walking to your routine. Nordic walking combines the simplicity and accessibility of walking with core and upper body conditioning and enhanced aerobic effects. The result is a fun and easy full-body walking workout that expends more calories without having to walk faster or work harder. Wear comfortable clothing and good walking shoes. Program will be held indoors if inclement weather. Poles provided. *Limit of 15.*

Group will also meet on May 30 to Nordic Walk as a group at 10 AM.

***Fee: \$5 includes pole rental and refreshments. Pre-registration required. Last day to register: May 16. CODE: 11224**

Remember When?...with Jan

1:00 p.m. Dover Hills Apartments
2400 Rhode Island Ave. N

Thursday, April 26 –Remembering
Trips We Have Taken.

Thursday, May 24—Remembering
Memorial Day.



Happenings

FREE BLOOD PRESSURE SCREENING

Wednesday, April 25

Wednesday, May 23

11:00-11:30 AM

Brookview Community Center

No appointment needed! Provided by
Ambassador Care Center staff.



GOLDEN TONES CHORUS



Thursdays, Call for times
Calvary Church Music Room
7520 Golden Valley Road

Want a great way to start your Thursday?
We meet in the music room at Calvary
Church and perform at local care centers
and senior complexes then finish the year
with an out-of-town performance. Proven
fact - Singing can add years to your life!

See us perform:

May 3, St. Croix Falls WI

Cards & Groups

Bridge:

Thursdays, 6:30 pm-Open Bridge

Fridays, 9 am—Open Bridge

Cribbage—Tuesdays, 1 pm

Dominoes—Mondays, 1 pm

Euchre—Thursdays, 1 pm

500—Wednesdays, 1 pm

Jigsaw Puzzle during Center hours

All groups meet at Brookview. We are
friendly and eager to have you join us.

Ballroom Dancing



Join the crowd that loves to dance.

Everyone is welcome. No partner nec-
essary.

Thursdays (continuous), 1 - 3:30 p.m.

Gym at Lenox Community Center,

6715 Minnetonka Blvd, St. Louis Park.

Fee: \$5 at the door, includes refreshments



IT'S TAX TIME!

AARP will be offering free tax help to seniors and disabled with low and
middle income. This service is provided on a first come-first served basis.

Brookview Community Center—Thursday, March 22, 29, April 5, 12

9:00 AM-12:00 PM. Registration taken at the door the day of the service starting at
8:15 a.m. To make your tax preparation go smoothly please bring:

1. Last years tax return
2. Social Security cards or comparable documentation for all taxpayers and dependents
3. Photo ID
4. All income statements
 - a. W-2's
 - b. 1099's (Pension and Distributions from IRA's
 - c. SSA-1099 (Social Security received in 2011)
 - d. 1099-INT (Interest received in 2011)
 - e. 1099-DIV (Dividends received in 2011)
 - f. Statement of Unemployment compensation received in 2011
 - g. Any other INCOME information
5. Mortgage interest paid in 2011
6. Real Estate taxes paid in 2011 or Hennepin County 2011 Property Tax Statement
7. Certificate of Rent Paid in 2011
8. Hennepin County 2012 Property Tax Statement (not available until March 2012)

Bring a blank check for Direct Deposit of your refund (used only to verify routing and
account information)

Remember, the volunteers attend training but are not professional tax accountants.

Exercises Classes

ENHANCE FITNESS



**Mondays & Wednesdays
11:15 AM-12:15 PM**

EnhanceFitness is lively, interactive, and fun! Designed for older adults, these popular group exercise classes feature cardiovascular conditioning, strength training, and balance exercises that help improve flexibility, bone density, and stability. Certified fitness instructors offer personal attention while participants work at their own pace to improve their overall health and well-being. See the results! Limit of 17 per session.

April 30-June 11 (no class May 28)

\$30 residents/\$35 non-residents

CODE: 11219

FREE to U Care members.

NOTE: U Care ID Number required when registering.

Current session information:

March 19-April 25

A Matter of Balance



**Wed, June 6-August 1
10:00 AM-12:00 PM**

Fear of falling can be just as dangerous as falling itself.

People who develop this fear often limit their activities, which can result in severe physical weakness, making the risk of falling even greater. *A Matter of Balance*, an award-winning program developed by Boston University, is designed to reduce the fear of falling and increase activity levels among older adults. Participants learn to set realistic goals to increase activity, change their environment to reduce fall risk factors, and learn simple exercises to increase strength and balance. A workbook is provided at first class.

\$15 residents and non-residents

CODE: 11222

TAI CHI for HEALTH & ARTHRITIS-BASIC



**Tuesdays, April 24-June 5
8:30-9:40 AM**

This program, endorsed by the Arthritis Foundation worldwide, is a series of gentle, yet powerful, easy-to-learn movements that promote effective physical and mental well-being. Great for joint pain relief and fall prevention! Taught by Certified Instructor Marie Mathay. Wear comfy clothes.

*Cost: \$42/Resident, \$47/Non-resident
Code 11123*

TAI CHI for HEALTH & ARTHRITIS 2-MOVING ON



9:45-10:45 AM

Tuesdays, April 24-June 5

For persons who have completed at least one session of Tai Chi we continue on our Tai Chi journey. Taught by Certified Instructor Marie Mathay and endorsed by the Arthritis Foundation. Wear comfy clothes.

*Cost: \$42/Resident, \$47/Non-resident
Code: 11217*

Current session information:

Tuesday, February 28-April 10

Daytime Yoga With Annette



**Tuesdays, April 10-May 29
11:00AM – 12:00PM**

Yoga can help reverse the aging process by improving flexibility, massaging the inner organs, strengthening the muscles, improving balance, posture, circulation and digestion. Exercises are appropriate for all fitness levels. Annette's classes are always easy to follow, non-intimidating and fun. Bring an exercise mat.

\$56/Resident, \$61/Non-Resident

CODE: 11173

Classes

LET'S PLAY EUCHRE-Thurs, April 26

12:30-1:00 PM



Learn the fastest game in town in less than 30 minutes! If you have played 500, we guarantee you can learn the game of Euchre in 15 minutes. Take the FREE lesson and then stay and play the game. FREE!

INTERMEDIATE BRIDGE LESSONS

Fridays, April 13-June 1

9-11:30 AM



Made for the player who has basic knowledge of the game, sharpen your skills with instructor Dick Welander.

\$31 residents/\$36 non-residents.

Code: 11185

OILS and ACRYLICS with JUDY

Mondays, starting May 7

9:30-11:30 AM



Looking for a creative outlet? Instructor Judy Baron will teach you to paint pictures in acrylics or oil. Classes are small to allow for individual help. If new to the class, leave your name and number and Judy will call you about the supplies to bring to class.

Mondays, May 7-November 26.

No class on 5/28, 9/3.

Fee: 6-punch card-\$40/residents, \$45/non-residents purchased at the Recreation office.

Check out the student's artwork in the Senior Room at Brookview.

Nordic Walking for Fun and Fitness

Wednesday, May 23

10:00-11:00 AM



Enjoy the out of doors and walking by adding Nordic Walking to your routine. Nordic walking combines the simplicity and accessibility of walking with core and upper body conditioning and enhanced aerobic effects. The result is a fun and easy full-body walking workout that expends more calories without having to walk faster or work harder. Wear comfortable clothing and good walking shoes. Program will be held indoors if inclement weather. Poles provided. Limit of 15. Group will also meet on May 30 to Nordic Walk as a group at 10 AM.

Fee: \$5 includes pole rental and refreshments. Pre-registration required.

Last day to register/cancel: May 16.

CODE: 11224

Defensive Driving Course - 4-HOUR COURSE



Thursday, April 12

Thursday, May 10

Thursday, June 14

9 AM-1 PM

\$17/person

8 Hour course for first timers

Tuesday, April 17 & 24

6:00-10:00 PM

\$18/person

Register at least ten days in advance with the Minnesota Safety Council to receive certificate at class. Flyer available at Brookview. Call the Senior Office for the flyer or call the Minnesota Safety Council at 651-291-9150 for more information.

Adults age 55 or older, save up to 10%, 3-year discount on car insurance premiums and become a better driver by taking a state-approved National Safety Council Defensive Driving course. This course, taught by professional certified instructors, is offered by the Minnesota Safety Council. No tests are given but attendance is required to receive the certificate of completion.

Register through the MN Safety Council. Make checks payable to "Minnesota Safety Council" and mail to: 474 Concordia Ave, St. Paul, MN, 55103. Indicate the Golden Valley Brookview location.

Services, Happenings and Trips

Happy Feet Foot Care Clinic

763-560-5136



The clinic is conducted by licensed nurses specialized in routine foot care for elder and diabetic feet. They work on corns, calluses, thick or curled toe nails and ingrown nails, if they are not well advanced. A foot soak and massage are provided with each visit. Please bring a towel to dry your feet and your medical history with medications on your first visit.

Call Happy Feet at 763-560-5136 to schedule your half-hour appointment. *If you need to cancel, you must call Happy Feet at least 24 hours in advance, or you will be charged.*

Tuesday, April 10 & 17

Tuesday, May 8 & 15

Tuesday, June 12 & 19

Fee: \$32. Payable to *Happy Feet Footcare, Inc.* and due at time of service

Open Insurance & Medicare Answers



It is very important that you review your medical insurance information each year. Even if you are satisfied with your current plan, you should check if there is another plan in your area that offers better coverage at a lower price.

Now is the time to look at your health insurance plan and meet with Marsha, our insurance counselor. She is here to aid you in your selection process.

Thursday, April 12

Thursday, May 10

Thursday, June 14

Appointments: 9:00, 10:00 or 11:00 AM

Call 763-512-2339 to make an appointment.

Mondays with Mary



Join Mary on Mondays at 9:30 a.m. to work on projects for Ambassador Care Center, GV Rehab & Care Center, Dinner At Your Door, Senior Dining and Golden Valley Seniors. We'll supply the materials and coffee. "The more the Mary-ier."
No meeting May 28.



Chicago's Treasures by Train and Bus— June 20-23

\$855 per person (2 per room)/\$990 per person (single)

Includes: Amtrak to Chicago, deluxe motorcoach transportation, lodging for 3 nights, Meals: 3-Breakfasts, 2-Lunches, 3-Dinners, attractions, local guides, gratuities on included meals, guides.

Highlights: Amtrak Train #8 to Chicago, Local guide along Fox River, Cantigny, Little Traveler Shop, Paddlewheel River Boat cruise, play at Lincolnshire Theater, local guided tour of Chicago, Willis Tower Skydeck, Glessner House, South Shore Country Club, Magnificent Mile, Navy Pier, Riva Restaurant, Chicago Botanic Gardens with tram tour and lunch.

Deadline: \$200 deposit per person by April 20. After April 20, payments are NOT refundable. Final Payment Due: May 20...**CODE: 11187**

Escorted by Mary Odell. Call for detailed brochure. Travel Insurance available.

Fall Colors on the Mississippi River—October 15-17 (motorcoach & river cruise)

\$545 per person (2 per room)/\$635 (single room) **Highlights:** John Deere Pavilion, Celebration Belle 100-mile cruise from Quad Cities to Dubuque, Vesterheim Museum. Call for detailed brochure. \$200 deposit per person due by August 20. **CODE: 11188**



The Mary Wanderers Trip Program

Golden Strings at the LaFayette Club



Tuesday, April 24

Take a few minutes to look around the elaborate creation of James J. Hill before being seated for lunch in the Ballroom. Menu: Lafayette Salad, Assorted Rolls and Butter, Breast of Chicken Florentine, Fresh Vegetable, Whipped Potatoes, Heavy Coffee/Iced Tea, and Gold Brick Sundae. The Golden Strings, founded and lead by virtuoso violinist Clifford Brunzell, play music ranging from the classic to pops, from romance to jazz. An afternoon you won't want to miss.

Cost: \$60

10:00 AM Bus leaves City Hall/Calvary 3:15 PM @ Return

Last day to register or cancel is March 19

Code: 11078

Meandering with Mary



For Golden Valley Senior members (dues must be current) our small bus takes us to wonderful local places, all favorites of Mary and Jeanne.

NOTE: Bus is not lift-equipped.

Thursday, March 29—Code 11074

Last day to register or cancel: March 15

9:30 AM Bus at Calvary Coop & Apts

9:35 AM Golden Valley City Hall

3 PM Return to GV

Thursday, May 31—Code 11535

We're heading east for eats, a tour with treats and a shop that's sweet. Sure to cure what "ale's" you. Cost: \$7 includes tour, bus, escort. All other costs are on your own.

Last day to register/cancel: May 18

10:00 AM Bus at Calvary Coop & Apts

10:05 AM Golden Valley City Hall

10 AM-3 PM Mary stops and return to GV

Scenic Wisconsin



Thursday, May 3, 2012

Arrive at the Bass Lake Cheese Factory where the Erickson's make award-winning cheeses the old fashioned way. Enjoy the drive before arriving for lunch at Paradise Landing, Balsam Lake. The new facility captures the love of the water and the beauty of the north woods. It is a "piece of paradise." Menu: Cup of Cream of Chicken Wild Rice Soup, Roast Beef with Gravy, Mashed Potatoes, Mixed Vegetable, Warm Brownie with Ice Cream, Coffee or Iced Tea. After lunch we're traveling to St. Croix Falls where the **Golden Tones** will present a concert for the residents of Comforts of Home Senior Living. After the performance we will visit the Luhrs/Bjornson Artworks for a pottery demonstration and the Saint Croix National Scenic Riverway Visitors Center for a short movie, view the exhibits and, if it's a nice day, an optional walk along the river.

Cost: \$45 includes lunch, concert, motor-coach, and escort.

8:25 AM Bus pick-ups/Return @ 4 PM

Last day to register or cancel is April 16

Code: 11075

2012 MEMBERSHIP DONATIONS

Help support your program. Donation is good through 12/12

Fee: \$5 for Golden Valley residents and \$8 for non-residents, payable to "City of Golden Valley."

Code: 11112

Send to Golden Valley Seniors, 200 Brookview Parkway S, Golden Valley, MN 55426. **Thanks for your support!**



The Mary Wanderers Trip Program

Cannon Falls – Friday, June 8



Start the day with coffee and pastry at Frog Creek Pottery where we meet Lisa Dolezal, a nationally recognized artist. Lisa will explain the clay process putting the "fun" in functional clay vessels. After the demonstration walk through her amazing gardens and visit the studio filled with pottery and gifts. The Mill Street Tavern, housed in a restored 1903 building, is our lunch stop. Menu: Sandwich Special with Chips, Salad, Beverage and Small Dessert. After lunch, stroll the streets of historic downtown Cannon Falls with its Bakery, the Drug & Gift Store, Fabric Shop and the Cannon River Winery with a selection of wine-related gifts. Reconnect with local foods at Ferndale Market's on-farm store with a cooking demonstration. Sample delicious and unique local foods, then browse the premier selection of items direct from the farm. You may want to bring a cooler/bag for perishable items.

\$49 includes coffee/pastry, lunch, demonstrations, motorcoach and escort

8:35 AM Bus pick-ups/Return @ 4:45

Last day to register or cancel: May 21

Code: 11086

Lunch and Theater on MN Centennial Showboat



Tuesday, July 10

We're spending the afternoon on Harriett Island, where the Minnesota Centennial Showboat is docked. Our buffet lunch of salad, chicken breast, roasted garlic potato puree, vegetable sauté, dinner rolls, raspberry swirl cheesecake and coffee will be served on the 2nd level (elevator available). After lunch we move into the auditorium to see "*The Vampire!*" This haunting thriller, penned by J.R. Planche in 1820, comes to life on the moors of Scotland, and spins a story of true love, an imperiled heroine, breath-taking swordfights and high adventure. In keeping with 19th century traditions, audiences are invited to boo and hiss the bad guys and cheer the hero. The choreographed Olio's are a time honored tradition of the Showboat.

\$65 includes buffet lunch, reserved theater seating, motorcoach and escort

11:45 a.m. Bus leaves City Hall/Calvary Return @ 6:15 p.m.

Last day to register or cancel: June 11.

Code: 11088

Mankato Magic – Thursday, August 2



Arrive at the Hubbard House for a tour through the mansion that was home to the R.D. Hubbard family for 67 years. Built in several stages, beginning in 1871, it is one of the finest examples of Victorian style homes in Mankato. A local guide will join us as we drive past historic sites, through neighborhoods and the business district to talk about the history, culture and attractions of the area. A "special of the day" lunch will be served at Charley's Restaurant. Then off to the Betsy-Tacy Houses to experience the legacy of Maud Hart Lovelace, beloved author of the children series. Both houses are designated National Literary Landmarks and across the street from each other. Then put on your purple - we're stopping at Vikings Training Camp (weather permitting). Spend a few minutes checking out the facility.

\$57 includes buffet lunch, reserved theater seating, motorcoach and escort

8:10 a.m. Bus pick-ups/Return @ 6:15 p.m.

Last day to register/cancel: Mon, July 16. **Code: 11080**

5 Cities Transportation Groups 763-531-1259

Call Five Cities Transportation at 763-531-1259 to register at least one week in advance, unless noted.

Pre-registration required for all trips. Home pick-ups available on a limited basis.

If you have a reservation & cannot attend, please inform the Five Cities office.

Purchase a 4 round-trip ride pass for \$14 or an 8 round-trip ride pass for \$28.

Pay the driver with cash or check made payable to "Prism"

Fare for Special Destination trips: \$7 cash for round-trip transportation or two punches from the bus pass.

No one will be denied a ride if unable to pay the full fare. Please contact the Five Cities office for information.

A minimum of 12 riders required for Special Destination trips.

BRUNCH BUNCH



Order off the menu and pay with credit card or cash. Individual checks with tax and tip will be given. Bus picks up 9:30-10:30 a.m. Exact times given by 5 Cities staff.

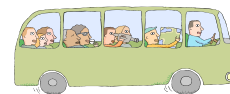
T, April 24—Cracker Barrel. Reservations begin 3/30

T, May 22—Lowell Inn. Reservations begin May 1

T, June 26—Maynard's. Reservations begin June 1

GOLDEN VALLEY, Crystal, New Hope, Robbinsdale and Brooklyn Center residents—do your shopping with us! We'll stop at your home or apartment complex and take you to Cub, Target, Wal-Mart and more.

Call **763-531-1259** to receive a schedule.



SPECIAL DESTINATION OUTINGS. Special Destination fare of \$7 or two punches from the bus pass applies to these outings. Bus Fee *only* is paid to driver day of trip. *Bus is not lift-equipped.*

Westminster Forums at Westminster Presbyterian Church. Register with 5 Cities, 763-531-1259.

Thursday, April 19—PARKER PALMER: *Healing the Heart of Democracy.* Light lunch at church.

Thursday, May 3—PATRICK McGRANN, *Daily Life in Palestine* Light lunch at church.

11:00 AM Bus leaves Golden Valley City Hall/ :30 p.m. approximate return.

Real Pirates at the Science Museum—Tuesday, April 17

Join us as we discover the perils and privileges of 18th century Pirate life. See the film "Under the Sea" at the Omnitheater before viewing the Real Pirates exhibit. Lunch (on your own) at the Café.

*Cost: \$26 includes Omni, museum & exhibit admission, and escort. Special Destination fare applies. Lunch cost/purchases are on your own. Register with New Hope Parks & Recreation by phone with a credit card at 763-531-5151, by mail or walk-in. Payment is due at time of registration. Refunds allowed **up to** the deadline date and are subject to a \$5 service fee.*

9:30 AM bus leaves Golden Valley City Hall/3:45 PM @ return. Last day to register/cancel: April 2.

Seniors in Mind: Minnesota Courthouses – Tuesday, May 8, Minnesota History Center

Doug Ohman, shows gorgeous visuals of Minnesota's elegant courthouses. New exhibit! View a rare original printed U.S. Constitution from 1787 displayed alongside a 1789 draft of the U. S. Bill of Rights and original copies of the two Minnesota state constitutions.

Cost: Special Destination Fare applies. Lecture is free. Does not include \$9 senior admission to History Center Museum (optional) and lunch at Café Minnesota (on your own). Register with 5 Cities Transportation by 5/1.

9:35 AM Bus leaves Golden Valley City Hall/2:00 PM Depart History Center for home

Diana, A Celebration – Thursday, May 17 at the Mall of America

Take the 5 Cities bus to view *Diana, A Celebration*. On loan from Althorp Estate, the Spencer family's 500-year-old ancestral home in England, the exhibition contains 150 objects, ranging from Princess Diana's royal wedding gown and 28 of her designer dresses to family heirlooms, personal mementoes, paintings and rare home movies and photos. Register with 5 Cities Transportation, 763-531-1259

Cost: Special Destination Fare applies. Tickets to the exhibit are on your own and available for purchase that day based on availability (\$20 includes exhibit and Mall of America fee). 11:30 AM Bus leaves Golden Valley City Hall/4:00 PM @ return. Last day to register/cancel: May 10

5 Cities Transportation Groups 763-531-1259

SPECIAL DESTINATION OUTINGS. Special Destination fare of \$7 or two punches from the bus pass applies to these outings. Bus Fee *only* is paid to driver day of trip. *Bus is not lift-equipped.*

Seniors in Mind: Woody Guthrie Reflected – Tuesday, July 10

Minnesota History Center

Minnesota folkies Pop Wagner, Charlie Maguire and bluesman Tony Glover present a 100th birthday musical tribute to Woody Guthrie inspired by the vibrant paintings in the Smithsonian American Art Museum's "1934: A New Deal for Artists" currently on display at the History Center. In the mid-1930s the New Deal increasingly focused on the common people—the Americans with whom Guthrie most identified and through his music he became a spokesman for the oppressed and victims of the Great Depression.

Cost: Special Destination Fare applies. Lecture is free. Does not include \$9 senior admission to History Center Museum exhibits (optional) and lunch at Café Minnesota (on your own).

9:35 AM Bus leaves Golden Valley City Hall/2:00 PM Depart History Center for home

Register with 5 Cities Transportation, 763-531-1259. Last day to register/cancel: June 29

Minneapolis Pops Concert - Thursday, July 26

The concert will be held at the Nicollet Island Pavilion, by St. Anthony Falls. The concert is indoors, the building is air-conditioned and wheelchair accessible. After the **Free** concert we will stop at Kieran's Irish Pub for lunch, ordered off the menu. Limited apartment pick-ups available.

Cost: Special Destination Fare. Lunch cost is on your own.

9:30 AM Bus leaves Golden Valley City Hall/1:45 PM Return

Register with the 5 Cities Transportation, 763-531-1259. Last day to register/cancel: July 12.

For Your Information

It's More Than Just A Ride!



**5 Cities Transportation
763-531-1259**

Available for your grocery and shopping needs, the bus will pick you up at your apartment or home, if you live in Golden Valley, to go to:

Cub Foods—Wednesdays

Wal-Mart – 2nd Tuesday

Target – 4th Friday

And other destinations.

Call the 5 Cities Office to be placed on the mailing list for the Golden Valley schedule.

FARE: The suggested fares are \$4 cash or \$3.50 for the punch pass round trip. Purchase a 4 round-trip ride pass for \$14 or an 8 round-trip ride pass for \$28. Pay the driver with cash or check made payable to "Prism."

PRISM Express—763-529-1252

is the curb-to-curb bus for medical appointments, personal shopping, banking, nursing home visits, etc. within the service area. A \$6/ round trip donation is suggested. Call M-TH from 9-4 for info or to schedule a ride at least 3 working days in advance.

Store to Door—651-642-1892

Need groceries for yourself? Store To Door is a nonprofit providing grocery & prescription delivery services to elderly in Twin Cities metro. **Volunteer Shoppers are needed.** Work in partnership with five metro Cub Foods to shop client orders & prepare orders for delivery. Shoppers hours 6 a.m. to 10 a.m. 3 month commitment. **Volunteer Order Takers** call clients each week entering their order online into our order database. One year commitment requested. Contact Kristen Hoplin at (651) 642-1892.

COMMUNITY PHONE NUMBERS

5 Cities Transportation—763-531-1259

Dinner At Your Door—763-531-1183

HOME North—952-746-4046

LinkVet Hotline—1-888-546-5838

PRISM Express—763-529-1252

Senior Dining—612-269-8462

Senior Linkage Line—1-800-333-2433

Senior Outreach—952-746-4028

Store to Door—651-642-1892



**200 Brookview Parkway S.
Golden Valley, MN 55426-1364**

**PRSRT STD
US Postage
PAID
Permit 1659
Twin Cities MN**

Golden Valley Registration Form—2012

First & Last Name: _____

Address: _____ **Home Phone:** _____

City: _____ **State:** _____ **Zip:** _____ **Work Phone:** _____

Emergency Contact Name & Phone (if different from above): _____

Special Needs, Disabilities, or Allergies we should be aware of: _____

Participant's First Name	Trip/Activity	Trip or Activity Code	Pick-up Site	Fee

CONSENT TO RELEASE OF INFORMATION & RELEASE OF LIABILITY

In consideration of your accepting this registration for my child (or person I am responsible for as guardian), or myself, I authorize the City of Golden Valley to disclose to the City's insurer, attorney, staff, coaches, participants and other personnel involved in this program the following information: name, address and telephone number. This information shall be used for the purpose of program administration. This consent to release information shall expire one year from the date of execution. I understand that the records are protected under the state and federal privacy regulations. I also understand that I may cancel this consent by a writing to that effect at any time prior to the information being released. I give my consent to use any photograph or video tape taken of my child (or person I am responsible for as guardian), or myself for future promotional or marketing materials. In consideration of the City providing the registered activities, I agree to not hold the City liable for any claim resulting from participation in any such activity, including claims for injuries, death and resulting attorney fees. The completion of your registration signifies your acceptance of this consent.

PAYMENT TYPE:

() Cash () Check # _____
(Checks payable to: City of Golden Valley)
() VISA () MasterCard

Card #: _____

Expiration Date: _____

Signature for credit card payment:

TOTAL DUE: _____

OFFICE USE ONLY

FA \$ _____

GC \$ _____

Fee Paid: _____

Date: _____

Rec'd By: _____